



# Risk Factors for Diabetes

- Certain ethnic populations:
  - African American
  - Asian American
  - Pacific Islander
  - Native American
  - Hispanic/Latino
- Age 45 years or older
- Family history of diabetes, especially in parents and siblings
- Being overweight (Body Mass Index more than 25)
- Being inactive
- Pre-diabetes or previous glucose intolerance
- High blood pressure (more than 140/90 mmHg for adults)
- High triglycerides (more than 250 mg/dl)
- Low HDL cholesterol (less than 35 in men and less than 45 in women)
- History of vascular disease
- Prior gestational diabetes
- Delivery of a baby weighing more than 9 lbs.
- Polycystic ovary syndrome
- Conditions associated with insulin resistance (high cholesterol and acanthosis nigricans...a darkening of the skin in areas of the neck, knees, elbows and knuckles on the hand)

**Often there are no symptoms!  
If you have any of these risk factors,  
see your health care provider!**

**Reducing Risk:**

**People who are *active 30 minutes at least 5 times a week* and  
have a *healthy body weight* can reduce their risk of  
developing diabetes by *up to 70%*.**



# Diabetes Is:

## Serious:

- Over 26 million Americans have diabetes.
- 65% of persons with diabetes die from heart disease.
- Up to 70% of men with diabetes develop erectile dysfunction.
- Up to 70% have some form of nerve damage
- 73% have high blood pressure
- **Diabetes** is the leading cause of :
  - adult blindness.
  - kidney failure
  - amputations not due to a trauma

## Costly:

In 2002, the yearly costs of treating a person with diabetes was \$13,243 compared to \$2560 for a person without diabetes.

## Controllable:

Studies have proven that if a person with diabetes keeps their blood sugar, blood lipids and blood pressure as close to normal as possible, he/she can greatly reduce their risk of complications.

U.P. Diabetes Outreach Network  
*Strengthening Diabetes Care & Prevention  
in Upper Michigan since 1985*  
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